

Additional file 5. Checklist for the assessment of content fidelity

	Yoga exercises	Score	Health education topics	Score
1.	“Omkar”	1	Assessing the level of participants’ understanding of high blood pressure	1
2.	Warm-up exercises	1	Introduction about high blood pressure	1
3.	Yogic abdominal awareness	1	Risk factors for high blood pressure	1
4.	Lateral arc pose	1	Complications of high blood pressure	1
5.	Twist pose	1	Behavioural approaches for the management of high blood pressure	1
6.	Left nostril breathing	1		
7.	Cooling breathing	1		
8.	Alternate nostril breathing	1		
9.	Humming bee breathing	1		
10.	Yogic sleep	1		
	Maximum score	10		5